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"I haven't one gray hair in my head now! The wonderful change is all due to Kolor-Bak. Only a short time ago my hair was quite gray. It was falling out. I began to look older. My scalp was itching, dandruff was on my head. I was simply amazed at the astonishing change produced by only a few applications of Kolor-Bak. The itching stopped with the first application. The dandruff disappeared. And the most wonderful thing of all is that my hair is again its original, natural color—not one single gray hair to be found in my head. No wonder! I'm so thankful for Kolor-Bak!"

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"Penny-Wise" Economy

By Mrs. Christine Frederick,
The Distinguished Authority on Household Efficiency.

HOW often the jokesmiths have pointed out to us the lady who skimps and saves and almost starves her family "to economize" and who then cheerfully rushes out to purchase the near-Paris hat for \$28.79!

All of us have our pet economies and our equally pet extravagances and it seems a difficult thing to adjust matters so as to keep the balance even and discriminate between true and false economy.

Possibly we may say that economy, as well as its opposite, extravagance, is "a state of mind." What one person would call careful spending might seem to another heedless and rash waste. Let us see where a true economy may be followed in several instances.

Take the matter of meals and food. There seems to be a large group of mothers who do not realize the amount and kind of food required by a growing child. They think that a very light breakfast of an uncooked cereal, and "a few sandwiches" for lunch, are ample to support and sustain a growing organism.

Sometimes they do it to economize, but just as frequently, I think, they do it from lack of information and study. These mothers do not know food values, the qualities of certain foods and how much is needed for a child of ten, a child of fourteen, and so on.

The result is sure to be that sooner or later the child becomes stunted, or fails to do good work at his studies and then needs the care of a doctor and various "tonics"—all of which cost much more than the right food if it had been given in the first place. Many do not believe that each growing child needs a quart of milk per day, yet it is an established scientific fact, and no canned or commercial milks can replace the natural product of high grade.

There are other housewives who do not understand food values sufficiently to market wisely. They may think, for example, that corned beef at sixteen cents per pound is much cheaper than round steak at thirty cents. They do not estimate the amount of gristle, bones and waste of 50 per cent in the one case as against the solid meat in the other. I am convinced that many of the so-called "expensive" cuts of lower round of rib roast, of porterhouse in meats are the end cheaper and have more value than many of the so-called "cheap" cuts where the percentage of bone and waste is so very high.

It was only the other Sunday that I read in a very reputable paper the findings of a commission which reported on the very high percentage of malnutrition, or underfeeding, in the children of the very rich. Their feeding is often left to indifferent governesses or servants or they are overfed with sweets and non-nourishing foods. They have poor teeth, are pale and lack vitality. In this case it is ignorance and not economy which is to blame, but, all the same, many of us are practicing a false economy by skimping on a sufficient quantity of nourishing food.

Or, again, take the matter of clothes. How often we are caught by the lure of the "bargain" in a dress which will not stand wear or washing, whereas if we had spent a little more—yes, possibly, only a dollar more—we would have gotten far more than a dollar's worth of additional value. Nothing is dearer than cheap shoes, which do not keep their shape, cheap garments which are always made short and skimpy, cheap fabrics whose colors and dyes are not trustworthy, and cheap, badly shaped stockings which constantly "run."

While we can to-day be quite well dressed on a fairly low sum, we must not forget that quality in material always declares the person of refinement. We cannot escape the speech of our clothes, and as has been aptly said: "The apparel oft proclaims the man."

While there is a point above which true economy never leaps, some persons fail to realize that if they were a little better dressed and selected higher-grade materials they would not only look more exclusive, but their garments would give longer service. It is often the most crass foolishness to purchase a number of cheap wash waists which must be starched and ironed, when the same sum of money put into one high-grade crepe or silk waist would make one look better and require less expense in upkeep.

As has been so often said, it is not the initial cost, but the cost of upkeep which is the true cost index, after all. The cheap car may need so much repair that it is much more expensive than the car costing only a couple of hundred dollars more.

This point is clearly brought out in the purchase of equipment for the home, such as a vacuum cleaner or a washing machine, etc. One, of course, may buy plenty of "cheap" devices and machines, but how long do they last? How much repair do they require? It is my strong feeling that unless the really best in any particular line of equipment can be afforded, one should refuse to buy any. This is again particularly true in all buying of plumbing, heating or construction supplies. The "cheap" goods do not stand up and give service, the connections are poor, the nickeling is inadequate, the traps are unsatisfactory and so on. Nothing is so expensive as to install "cheap" plumbing or heating, stoves or ice boxes or any kind of labor-saving machinery.

Cheap toys, cheap stockings, cheap pots, cheap tools—all are only dear sweepings for the dustpan and the trash basket!

In any utility whose use is permanent or extended over a long period, there is no economy in buying the lower priced article. The pot which costs 19 cents will never hold its own against the 49-cent pot of the same size and better material. Far better would it be to wait until our pocketbook could afford the 49-cent article and purchase a tried article which would give probably three times or more the extent of wear. The article of good quality can always be cleaned or repaired or pressed or dyed or made over, while the cheap article pulls apart, loses color, cannot be mended.

"I Would Not Part with it for \$10,000"

So writes an enthusiastic, grateful customer. In like manner testify over 100,000 people who have worn it. Consider your body and life first.

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Overcomes WEAKNESS, STIFFNESS, AND ORGANIC AFFECTIONS OF WOMEN AND MEN. Develops erect, graceful figure. Brings restful relief, comfort, ability to do things, health and strength.

Wear It 30 Days Free at Our Expense. Does away with the strain and pain of standing and walking; replaces and supports misplaced internal organs; reduces enlarged abdomen; straightens and strengthens the back; corrects stooping shoulders, develops lung, chest and bust; relieves backache, curvatures, chest and bust; relieves constipation, after-effects of flu. Comfortable and easy to wear.

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SEND NO MONEY—Just your name and address on a postcard to order. We ship promptly on receipt of order.

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Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast. Grapes, Cereal, Broiled Bacon, Potato Muffins, Coffee. Luncheon. Creamed Cheese on Toast, Pineapple Salad, Crackers, Tea. Dinner. Veal Balls with Macaroni, Glazed Onions, Stewed Celery, Peach Sherbet, Drop Cakes, Coffee.	Breakfast. Melons, Scrambled Eggs, Corn Bread, Coffee. Luncheon. Cream of Lima Bean Soup, Toasted Crackers, Orange Shortcake, Tea. Dinner. Baked Fish, Delmonico Potatoes, Shredded Cabbage, Boiled Dressing, String Beans, Dried Apricot Tapioca, Custard Sauce.	Breakfast. Baked Apples, Corned Beef Hash, Muffins, Coffee. Luncheon. Stuffed Baked Potatoes, Celery and Apple Salad, Wafers, Cocoa. Dinner. Broiled Lamb Chops, Scalloped Tomatoes, Fried Potatoes, Lettuce Salad, Grape Pie, Coffee.	Breakfast. Fruit, Green Corn Griddle Cakes, Toast, Coffee. Luncheon. Broiled Tripe, Bechamel Sauce, Parker House Rolls, Sweet Pickles. Dinner. Corned Beef with Cabbage and Cream Sauce with Green Peas, Boiled Beets, Pineapple Sherbet, Sponge Cake.	Breakfast. Cooked Fruit, Twin Mountain Muffins, Eggs in Shell, Coffee. Luncheon. Celery au Gratin, Toasted Muffins, Grapes, Tea. Dinner. Bread Crumb and Salmon Loaf, Cream Sauce with Green Peas, Boiled Beets, Pineapple Sherbet, Sponge Cake.	Breakfast. Prunes, Potato and Corned Beef Balls, Pickles, Muffins, Coffee. Luncheon. Succotash, Lettuce Salad, Cream Cheese, Currant Jelly, Crackers, Tea. Dinner. Cold Sliced Corned Beef, Vegetable Salad, Indian Pudding with Raisins, Coffee.	Breakfast. Pears, Cereal, Creamed Beef, Toast, Coffee. Luncheon. Southern Fried Chicken, Mashed Potatoes, Corn Fritters, Buttered Squash, Sliced Tomatoes, Caramel Ice Cream Cup Cakes. Dinner. Baked Apples, Toasted Crackers, Cottage Cheese, Milk Shake.

Tested Chicken Recipes

Chicken Mousse.
SOAK 1 tablespoon gelatine in ¼ cup cold water. Add 1 cup hot chicken stock which has been well seasoned. Add salt, paprika and cayenne to taste. Add 1 cup chicken or ½ cup chicken and ½ cup ham. Cool and when mixture begins to congeal fold in 1 cup cream, beaten until stiff. This dish may be garnished with truffles, strips of parboiled green peppers or pimentoes.

Consomme Rachel.
PREPARE strong chicken broth and serve with rice and chicken forcemeat balls. To make the balls, cook ¼ cup fine stale bread crumbs and ¼ cup cooked rice with ¼ cup milk to make a smooth paste. Press through sieve, add 2 tablespoons butter, 1 stiffly beaten egg white, salt and paprika to taste, a few grains nutmeg and cup raw chicken breast which has been pounded and forced through a sieve.

Chicken a la Cadillac.
PREPARE 1 cup of white sauce. Heat ¼ cup cold cooked chicken, cut in cubes, and ¼ cup cold cooked ham; cut in cubes, in the sauce and pour into individual casserole dishes. Arrange short, thick stalks of hot, buttered asparagus on each dish.

Mulligatawny Soup.
COOK ¼ cup sliced onion, ¼ cup diced carrots, ¼ cup diced celery, 1 finely chopped green pepper, 1 sliced apple, a sprig of parsley and 1 cup raw diced chicken in ¼ cup butter until delicately browned. Add ¼ cup flour, ¼ teaspoon curry powder, a blade of mace, 2 cloves, 5 cups of chicken stock and 1 cup tomatoes and simmer 1 hour. Remove chicken from soup. Press vegetables through sieve. Add the chicken and the strained vegetables to the strained soup, season with salt and pepper and serve with boiled rice.

Pressed Chicken.
COVER a 5-pound fowl which has been disjointed with boiling salted water to which has been added a slice of onion and a stalk of celery. Cook slowly until very tender. Remove the skin and bones and return them in the broth to the fire. Cook slowly until broth is reduced to 2 cups. Then strain and set aside. When the meat is cool enough to handle, cut into small pieces. Remove the fat from the broth, reheat and stir the diced chicken into it. Pack this mixture while hot into a mould and let stand until cold and set. Turn out on a bed of heart lettuce and serve with thinly sliced cucumber and tomatoes.

The Door of the Unreal—By Gerald Biss

(Continued from Preceding Page)

scrunch, the chauffeur calling out something to my driver.

I put my head out and recognized Wilson, and it was not long before I had transferred myself and my baggage to the car, much to the relief of my chauffeur, who pocketed his ample fare at the saving of half his long double journey.

In the car Wilson told me what had happened, explaining fully how it was that Burgess had overlooked the time and could not come himself, and I was naturally all agog to get to the house.

At the entrance of the drive I found a constable on duty, who let us pass at once on recognizing the car; and there was another policeman at the front door—a strange sort of reception.

Burgess was out on the step before the car had stopped and wrung my hand between his.

"Forgive me, old chap," he began.

"It's all right," I answered, interrupting; "I quite understand. Wilson explained to me as we came along. But are you sure I shan't be in the way?"

"Quite the reverse," he replied, with decided emphasis, as he led the way in. "I have never looked forward to your arrival more or wanted a pal so badly—Mr. Ann either. You are the one man I can really talk to; and God knows I badly want someone to whom I can unburden myself."

He helped me off with my heavy coat with his own hands, and I felt it was good to be welcomed so warmly.

Then we went into the old paneled hall, which I had always thought just the jolliest place in the world and looked upon as the real embodiment of home on my distant travels.

"It is good to be home, old man," I said, warming myself in front of the big log fire as he poured me out a drink, which I accepted badly after my journey. "Somehow, as a roving bachelor, I always look upon Clymington Manor as home, and make for it the moment I arrive in England."

"That's good hearing. You know we have found young Bullington!" I nodded.

"Yes; and I hope it's the first step toward unravelling this extraordinary mystery. It struck me

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To persons who have not previously heard of my method this may seem a pretty bold statement. But I will gladly convince you of its accuracy by referring you to any number of my graduates in any part of the world. There isn't a State in the Union that doesn't contain a score or more players of the piano or organ who obtained their training from me by mail.

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